

DINNERLY



Feed-A-Crowd Italian Chicken Pasta:

Same Meal Price, Double the Portions!



30 minutes



2 Servings

Want more bang for your buck? Serve up double the portions with our new Feed A Crowd recipes. We've used the same amount of meat but added more hearty ingredients like filling carbs and veggies to satisfy hungry tummies. If you're on a 2-person plan, these recipes make 4 portions; on a 4-person plan, they make 8 portions.

WHAT WE SEND

- 1 onion
- free-range chicken tenderloins
- 2 x 200g penne pasta ¹
- 20g Italian seasoning ¹⁷
- 400g diced tomatoes
- 100g baby spinach leaves

WHAT YOU NEED

- 2 garlic cloves
- 1 tbs olive oil
- 2 tbs tomato paste
- 1 tsp sugar
- 180ml (¾ cup) boiling water

TOOLS

- large saucepan with lid
- large deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 565kcal, Fat 6.9g, Carbs 85.3g, Proteins 32.1g



1. Prep ingredients

Bring a large saucepan of salted water to the boil for the pasta. Thinly slice the **onion**. Crush or finely chop **2 garlic cloves**. Thinly slice the **chicken**, then season with **salt and pepper**.



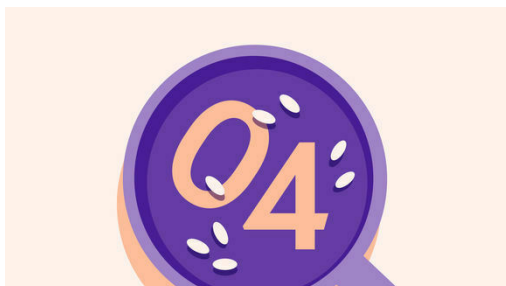
2. Cook pasta

Cook the **pasta** in the pan of boiling water for 10 mins or until al dente. Drain the pasta, then return to the pan and cover to keep warm.



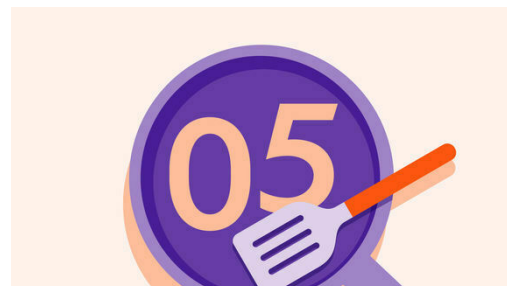
3. Brown chicken

Meanwhile, heat **2 tsp olive oil** in a large deep frypan over medium-high heat. Cook the **chicken**, stirring, for 2 mins or until browned. Remove from the pan. Heat **2 tsp olive oil** in the pan over medium heat. Cook the **onion** and **garlic**, stirring, for 4-5 mins until softened. Add the **Italian seasoning** and **2 tbs tomato paste** and cook, stirring, for 1 min.



4. Simmer sauce

Add the **tomatoes**, **1 tsp sugar** and **180ml (¾ cup) boiling water** to the onion mixture and stir to combine. Bring to the boil, then reduce the heat to medium and cook, stirring occasionally, for 10 mins or until slightly thickened.



5. Serve up

Add the **chicken** and **spinach** to the sauce and cook, stirring, for 2 mins or until the spinach is wilted. Taste, then season with **salt and pepper**. Remove the pan from the heat. Divide the **pasta** (see Feed A Crowd) and **sauce** among bowls. Or, toss everything together and serve in a large dish. Enjoy!



6. Feed A Crowd

Is your pasta sticking? Drizzle with a little olive oil and toss to loosen before serving.